

## Catarrh and Consumption

I have spent nearly 20 years in the treatment of the above named troubles and believe I have effected more permanent cures than any specialist in the history of medicine. As I must soon retire from active life, I will, from this time on, send the means of treatment and cure as used in my practice, free and post-paid to every reader of this paper who suffers from these loathsome, dangerous and disgusting diseases. My treatment will positively give prompt relief and cure in the worst cases. This is a sincere offer which anyone is free to accept. Address, **PROFESSOR J. A. LAWRENCE, 114 West 34th St., New York.**

## CONSTIPATION INDIGESTION TORPID LIVER

These are the great curses which afflict three-quarters of the present generation. Sufferers from either one or all of them must always feel miserable, and sooner or later become chronic invalids, useless to themselves and a burden and nuisance to friends and family. There is one sure, safe and absolute cure which you can test without any expense. Our remedy is Egyptian Regulator Tea, a trial package of which we will send you free and prepaid on request. Unless you find our claim is true, we must be the losers by this liberal act. Shall we send you the trial package, and send you to perfect health and happiness? Address, **THE EGYPTIAN DRUG CO., New York.**

You May Need

## Pain-Killer

For  
Cuts  
Burns  
Bruises

Cramps  
Diarrhoea  
All Bowel  
Complaints

It is a sure, safe and quick remedy.

There's only **ONE PAIN-KILLER**  
PERRY DAVIS.  
Two sizes, 25c. and 50c.

## WOMEN WILL TALK.

Can't Blame them for Telling each other about **Milburn's Heart and Nerve Pills.**



## THE GREAT REMEDY FOR WEAK NERVOUS WOMEN.

It's only natural that when a woman finds a remedy which cures her of nervousness and weakness, relieves her pains and aches, puts color in her cheek and vitality in her whole system, she should be anxious to let her suffering sisters know of it.

Mrs. Hannah Holmes, St. James Street, St. John, N.B., relates her experience with this remedy as follows:—"For some years I have been troubled with fluttering of the heart and dizziness, accompanied by a smothering feeling which prevented me from resting. My appetite was poor and I was much run down and debilitated.

"Since I started using Milburn's Heart and Nerve Pills, the smothering feeling has gone, my heart beat is now regular, the fluttering has disappeared, and I have been wonderfully built up through the tonic effect of the pills. I now feel stronger and better than for many years, and cannot say too much in praise of the remedy which restored my long lost health."

**"The D.O.L." Emulsion**  
of Cod Liver Oil  
(Trade Mark.)

**Will**  
GIVE YOU AN APPETITE!  
TONE YOUR NERVES!  
MAKE YOU STRONG!  
MAKE YOU WELL!

Dr. Burgess, Med. Sup't of the Hospital for Insane, Montreal, prescribes it constantly and gives us permission to use his name.  
Miss Clark, Sup't. Grace Hospital, Toronto, writes they have also used it with the best results.  
50c. and \$1.00 Bottles.  
**DAVIS & LAWRENCE CO., Limited.**

## The Home

### THE UP-TO-DATE WOMAN.

Here lies a poor woman who always was busy;  
She lived under pressure that rendered her dizzy.  
She belonged to ten clubs, and read Browning at sight;  
Showed at luncheons and teas, and would vote if she might.  
She served on a school board with courage and zeal;  
She golfed, and she kodaked, and rode on a wheel;  
She read Tolstoi and Ibsen, knew microbes by name;  
Approved of Delsarte, was a "Daughter" and "Dame";  
Her children went in for the top education.  
Her husband went seaward for nervous prostration.  
One day on her tables she found an hour free—  
The shock was too great, and she died instantaneously!

—Philadelphia Record.

### SYLLABUB AND JELLY.

Syllabub is a dish of the old South, which is served with calf's foot jelly at the holidaytime as religiously as plum pudding. The old cooks of slavery days had learned the deft art of whipping cream so that it "stood" as never cream whipped by a syllabub churn stands. It was whipped in the same way a French chef has always whipped cream, with an old-fashioned whip, a tool which will never grow out of date. It takes but a few moments to bring cream to a stiff froth with a whip if the cream is of proper richness and ice cold. In the city, cream is usually too thin to whip properly, and in the country, if it is Alderney cream, it may easily be too rich and need water or milk added to it. The reason the old Southern cook never failed to bring syllabub to perfection was because she knew as well as a French chef knows when cream is rich enough and cold enough to whip well. She also knew how to take the even rapid stroke which makes the cream firm in a few moments, as she also knew the lighter, slower stroke by which eggs were whipped for sponge cake. Patent beaters and cream churns are enticing tools for cooks who do not know how to do their work with scientific exactness. A practical cook never uses them.

The materials for a syllabub are the simplest. Set a pint of cream in a tin or thin metal basin in a tub of cracked ice and a little water. Begin beating the cream with a light, firm wire whip. Beat slowly at first, but increase the strokes as the cream thickens and becomes a firm froth. Add three tablespoonfuls of powdered sugar and a teaspoonful of almond extract or vanilla as soon as the cream is firm, and beat it in. Let it rest in the bottom, then take it up and turn off the milk and set the syllabub on the ice until it is time to serve it. It should not rest more than half an hour after it is whipped for use, though it will not go back as long as it is kept on the ice or even away from the fire in winter. It is a very ornamental dessert dish served high around a golden orange jelly or one of crimson strawberry juice. The less water these jellies are made with and the more of the pure juice of the fruit is used the better the flavor will be. Use sweet rind oranges and abundance of this orange peel to give the orange jelly the proper flavor and color. The juice of preserved strawberries, properly strained and thickened with gelatine, makes a strawberry jelly. This fruit is not gelatinous enough to produce jelly from its juice without the addition of animal gelatine. —N. Y. Tribune.

### THE SLEEPLESS BABY.

A young infant, when in perfect health, sleeps the greater part of both night and day—only waking to take its food. Therefore when it is restless and wakeful there must be some cause for it, which must at once be sought for by the nurse or mother. Sometimes its clothing is too tight, or in very rare cases a pin may be irritating the tender skin; even a crease or wrinkle in

one of the tiny undergarments may be disturbing its rest. But more frequently is sleeplessness caused by overfeeding. The well-meaning mother, especially if she be young and inexperienced, will imagine that every time her darling cries it must be sign of hunger. I dare say all of us—though we would not admit it for the world—have sometimes experienced a consciousness that we have eaten too hearty a dinner. With us the remedy is in our hands, in the shape of exercise, but a tiny infant has to lie in that position in which its mother places it, frequently on its back; its misery is unspeakable, and it can only cry—it cannot get up. It is desirable to have fixed hours for feeding your baby, and an interval of at least two hours between each meal. I believe that all must agree with the theory that there is greater danger in overfeeding than in underfeeding an infant. It is sometimes a good plan to completely undress a sleepless, crying baby, pass a sponge wrung out of warm water all over its little body, dry thoroughly, and dress it again. From my own personal experience, this has been known to succeed where everything else failed, and, although it may entail a little trouble, the result is well worth it. In many cases it can do no harm.—The Scotsman.

### APPLE ROLL.

Chop very finely half a pound of suet. Add to it one pound of flour, a little salt, a teaspoonful of baking powder. Mix well and add enough cold water to make a smooth, pliable paste. Divide it in half and roll out each portion to a thin sheet. Have ten or a dozen apples peeled, cored, chopped fine, and sweetened to taste. Spread the apples thickly on the paste. Then take and roll the paste over and over. Wet the end so that it will stick. Enclose each roll in a piece of muslin or cheesecloth, which should be liberally sprinkled with flour before the roll is put in. Tie the cloth closely at each end and plunge the roll in boiling water. Boil at least two hours, taking care that the water covers the rolls all the time. Serve hot with lemon sauce.—New York Observer.

### THE CARE OF LITTLE ONES.

Some Sound Advice as to the Best Method of Treating Infant Indigestion.

Nothing is more common to childhood than indigestion. Nothing is more dangerous to proper growth, more weakening to the constitution, or more likely to pave the way to dangerous disease. Among the symptoms by which indigestion in infants and young children may be readily recognized are loss of appetite, nausea, eructations, coated tongue, bad breath, hiccough and disturbed sleep. Indigestion may be easily cured, and Mrs. F. K. Begbie, Lindsay, Ont., points out how this may best be done. She says: "When my baby was three months old she had indigestion very badly. She would vomit her food just as soon as she took it, no matter what I gave her. After feeding she seemed to suffer terribly and would scream with pain. She seemed always hungry, but her food did her no good and she kept thin and delicate. She was very sleepless and suffered also from constipation. We tried several medicines recommended for these troubles but they did her no good. Finally I saw Baby's Own Tablets advertised and got a box. After giving them to her she began to improve in about two days, and in a week's time I considered her well. She could sleep well, the vomiting ceased, her bowels became regular and she began to gain in weight. She is now a fat healthy baby, and I think the credit is due to Baby's Own Tablets and I would not now be without them in the house."

Baby's Own Tablets is the only medicine sold under an absolute guarantee that it contains neither opiates nor other harmful drugs. These tablets are a certain cure for all the minor ailments of childhood, such as sour stomach, indigestion, constipation, simple fever, diarrhoea. They break up colds, prevent croup and allay the irritation accompanying the cutting of teeth. Price 25 cents a box at all druggists, or sent by mail post paid by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

## Shiloh's Consumption Cure

Cures Coughs and Colds at once. It has been doing this for half a century. It has saved hundreds of thousands of lives. It will save yours if you give it a chance. 25 cents a bottle. If after using it you are not satisfied with results, go to your druggist and get your money back. . . .

Write to S. C. WILLS & Co., Toronto, Can., for free trial bottle.

Karl's Clover Root Tea corrects the Stomach

## SYMINGTON'S EDINBURGH COFFEE ESSENCE

makes delicious coffee in a moment. No trouble, no waste. In small and large bottles, from all Grocers.

GUARANTEED PURE.

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## ALLEN'S LUNG BALSAM

Cures  
Deep-seated Colds  
Coughs · Croup · Bron-  
chitis · LARGE BOTTLES \$1.99  
MEDIUM 50c · TRIAL SIZE 25c

## KIDNEY DISEASE FOR TEN YEARS.

A Glen Miller Man's Terrible Trial.

He Found a Cure at Last in  
Doan's Kidney Pills.

Mr. P. M. Burk, who is a well-known resident of Glen Miller, Hastings Co., Ont., was afflicted with kidney trouble for ten years.

So pleased is he at having found in Doan's Kidney Pills a cure for his ailments, which he had begun to think were incurable, that he wrote the following statement of his case so that others similarly afflicted may profit by his experience: "I have been afflicted with kidney trouble for about ten years and have tried several remedies but never received any real benefit until I started taking Doan's Kidney Pills. My back used to constantly ache and my urine was high colored and milky looking at times. Since I have finished the third box of Doan's Kidney Pills I am happy to state that I am not bothered with backache at all and my urine is clear as crystal. I feel confident that these pills are the best kidney specific in the country."

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IT RESTORES THE STOMACH  
TO HEALTHY ACTION AND TONES WHOLE SYSTEM